

The Authentic Excellence Initiative



AX 101: Understanding Authentic Excellence

AX 201: Living Authentic Excellence

AX 301: Mentoring Authentic Excellence

Concepts: Fear-based Excellence versus Authentic Excellence
Plateau Effect - staying stuck at good
Improving productivity, fulfillment and resilience

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IMPORTANCE

Perceived Evaluation

Cost

Uncertainty

Fear of
FAILURE

Natural Responses

Avoid / Escape
Until "Have To"

Over-Control
Mastery

NEED

The Plateau Effect



Plateau vs Authentic Excellence



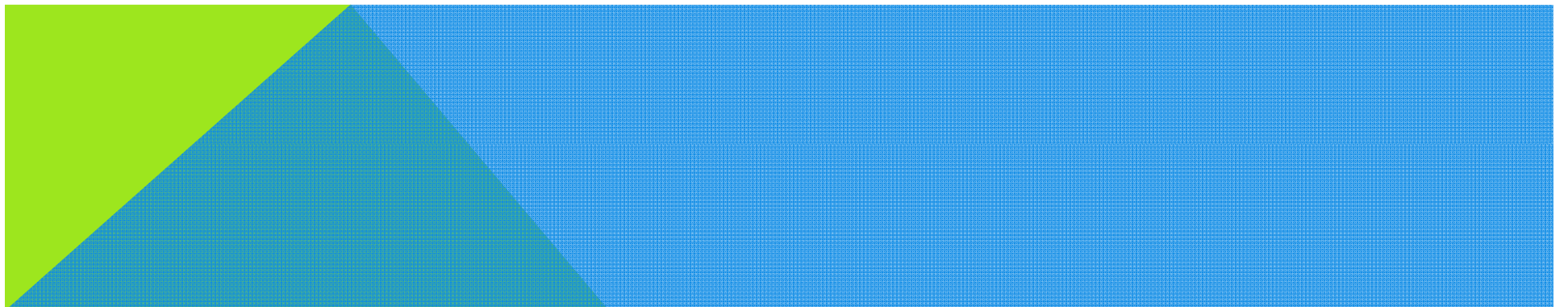
Authentic Excellence thru Dynamic Blueprinting (AX 201)

TASK	PURPOSE
Multi-Layered Values Clarification	Authenticity
Values Expression & Management	Integrity
Managing Fear Differently & Coping Effectively	Resilience
Developing the Expressive Mindset	Excellence



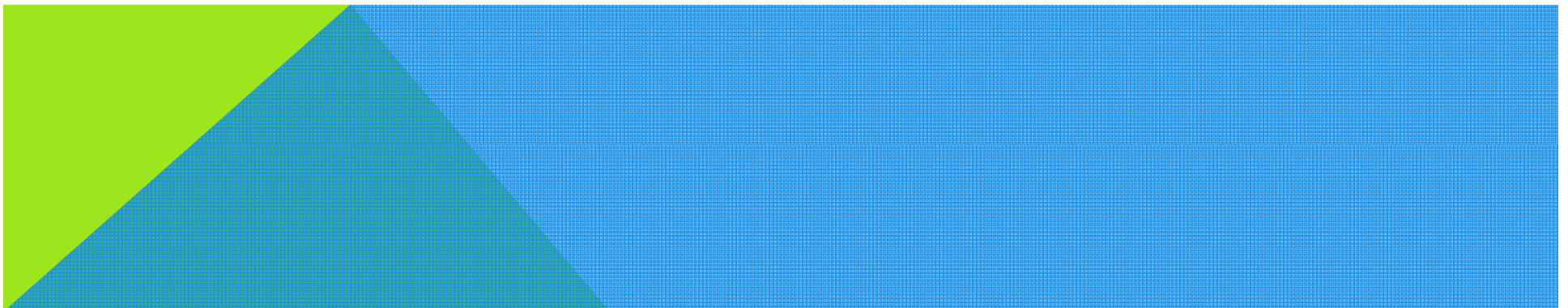
LIFE VALUES INVENTORY

clarifying your
personal
truth



Life Values Inventory

High Priority	Over-Attention	Under-Attention	Medium/Low Priority
#1 Concern for Others	Belonging	Health & Activity	Concern for Environment
#2 Spirituality	Independence	Objective Analysis	Privacy
#3 Humility	LEARN MORE ▾	Interdependence	Financial Prosperity
#4 Responsibility		LEARN MORE ▾	LEARN MORE ▾
#5 Achievement			
#6 Creativity			
LEARN MORE ▾			



Why Seek Authentic Excellence?

Individually . . .

a little more **productivity**

a little more **fulfillment**

a little more **resilience**

transition

string of disappointments

demands exceed resources

Culturally . . .

reducing need

increasing integrity

(expressing our values with compassion)

Integrating Authentic Excellence

Micro Actions – Macro Impact

One Take-Away

Apply to current
resilience programming

Online Mini-Course

lifevaluesinventory.org

Dynamic Blueprinting

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